

"Your imagination is your preview of life's coming attractions."

- Albert Einstein

Going OBE

9 Steps to Initiating an Out-of-Body Experience

As most people are aware, "out-of-body-experience" (OBE) was first used by Bob Monroe, who felt strongly that terms such as "astral projection" had amassed too much cultural baggage. He coined a neutral appellation - Out-of-body - to represent the phenomenon. Even more strongly he believed that each of us who explores the nature of human consciousness is best served by following whatever method we are individually guided to use. "Go and find out for yourself," was his challenge.



Bob was correct. Only we can know which methods and techniques are best for us. Only we can hear the quiet voice of our guidance whispering within. Nevertheless, for consciousness explorers who have been led to utilize the out-of-body state it's wise to tap the knowledge acquired by skilled out-of-body travelers.

One such traveler, [Bill Buhlman](#), shares some of his proven techniques. Bill trains the [OBE Intensive](#) at TMI. [Here are 9 steps to initiating an OBE using his "Early Morning Method"](#):

[Read on ...](#)

Help! Save Bob's Cabin

While Bob Monroe was alive, the cabin at Roberts Mountain Retreat center (RMR) was ground zero for much of the powerful information and inspiration he brought through his out-of-body explorations. There he wrote *Ultimate Journey*, "napped" on the daybed while consciously touring other realms, had quiet fireside talks, and enjoyed precious solitude, often in the company of a cat or two. The cabin was Bob's refuge.



Today Bob's cabin needs your help.

A log cabin specialist and \$18,000 are required to replace damaged logs, rechalk, install flashing, seal the entire cabin and perform other preventative maintenance.

Please -- help us preserve Bob's legacy.
Your donation is deeply appreciated.

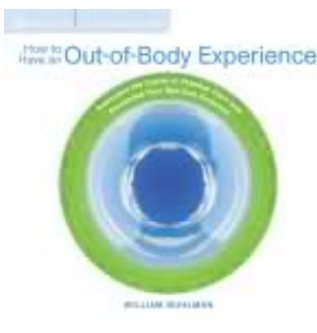
DONATE NOW

[Read entire article ...](#)

Discover Your Spiritual Potential in the Non-Physical Dimensions...

How to Have an Out-of-Body-Experience

Refined and proven during 15 years of Buhlman's workshops, this complete course teaches you the essentials of OBE navigation, including: "pre-launch" exercises for creating a focused and grounded mindset, a core sequence of guided sessions for initiating out-of-body journeys at will, and many advanced techniques for exploring the subtle realms with safety and confidence.



[Purchase your copy for only \\$52.00.](#)

[Hurry...Offer expires August 7, 2012.](#)

Gems from TMI's Archives

TMI's archives are full of treasures, some tucked away and invisible to the casual eye.

Several years ago when TMI's executive director and president [Carol Sabick de la Herran](#) was an Outreach and residential trainer, she participated in an on-camera out-of-body experiment. [Skip Atwater](#), currently our director of technology, monitors Carol's experience and interviews her at the conclusion.



[An OBE or Out-of-Body Experience with a PSI Component](#)

Carol attempts an out-of-body experiment in the Bob Monroe Research Lab at The Monroe Institute. Paranormal guidance was a PSI component of her astral travel or quantum non-local experience.

Frequently Asked Questions about Out-of-Body Experiences

- from The Monroe Institute® and Bob Monroe's writings:



Bob's bust and message on the mantle of the fireplace in his cabin

Project Full Access Update

Thanks again to everyone for your support toward the upgrade to accommodate wheelchair users!



The work will be completed during a two- to three-week time-frame when no programs will be held at the Nancy Penn Center. Our target is the last two weeks of August and first week of September.

Stay tuned as the work progresses.



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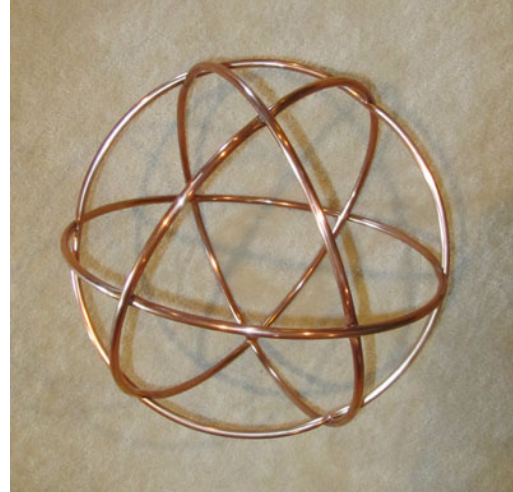
[Exclusive Invitation just for YOU!](#)

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A Deep Exploration of your Healing Potential...

Last chance for 2012



Exploring Energy Healing

August 25-31, 2012

Valuable for those with no prior experience in energy healing modalities as well as those with many years of practice in multiple disciplines.

During this week you will learn:

- To access and sustain states of consciousness conducive to healing.
- To improve your high sense awareness (clairaudience, clairvoyance or clairsentience).
- To fine-tune your own energy systems, and raise and control your vibratory rates.
- To work with healing helpers in the non-physical realms.
- To work with crystals and sound in healing support.

FREE EXCLUSIVE OFFER

Register for this program and receive a FREE 1 year Dolphin Energy Club membership.

[ENROLL TODAY](#)

2013 Program Schedule Release!

We are pleased to announce that the 2013 programs have been scheduled and are waiting for you to register!

[View schedule now!](#)



SPECIAL PROGRAM INVITATION

You are cordially invited to join us for a uniquely profound experience based on some of the finest programming The Monroe Institute has to offer!

Introducing...

Peak Week 2012
August 18-24

Get a taste of many programs in just one week:

- Discover new insights
- Experience distinctive Superflows
- Explore states of consciousness up to Focus Levels 34/35
- Participate in experiential group activities
- And some SURPRISES!

It probably won't happen again so:

[Register Today!](#)
[Spaces are limited...](#)

Local Chapter Network:

"volunteering our time to help you connect"

The [Local Chapter Network \(LCN\)](#) is a thriving, active volunteer organization committed to supporting TMI grads and introducing new people to TMI at the local level throughout the US. So far LCN comprises 48 Chapters within 11 Regions -- and growing!

[Most recent LCN newsletter...](#)

HUB Highlights

New on our blog:

- [Is the Universe Conscious?](#)
- [Meditation When You Need It](#)
- [Why Millennials Don't Want To Buy Stuff](#)

THE HUB:
Adventures in Consciousness

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[Visit our Online Store 24 hours a day.](#)
Office Hours: Monday through Friday,
9:00 am - 5:00 pm

[Our program schedule.](#)

